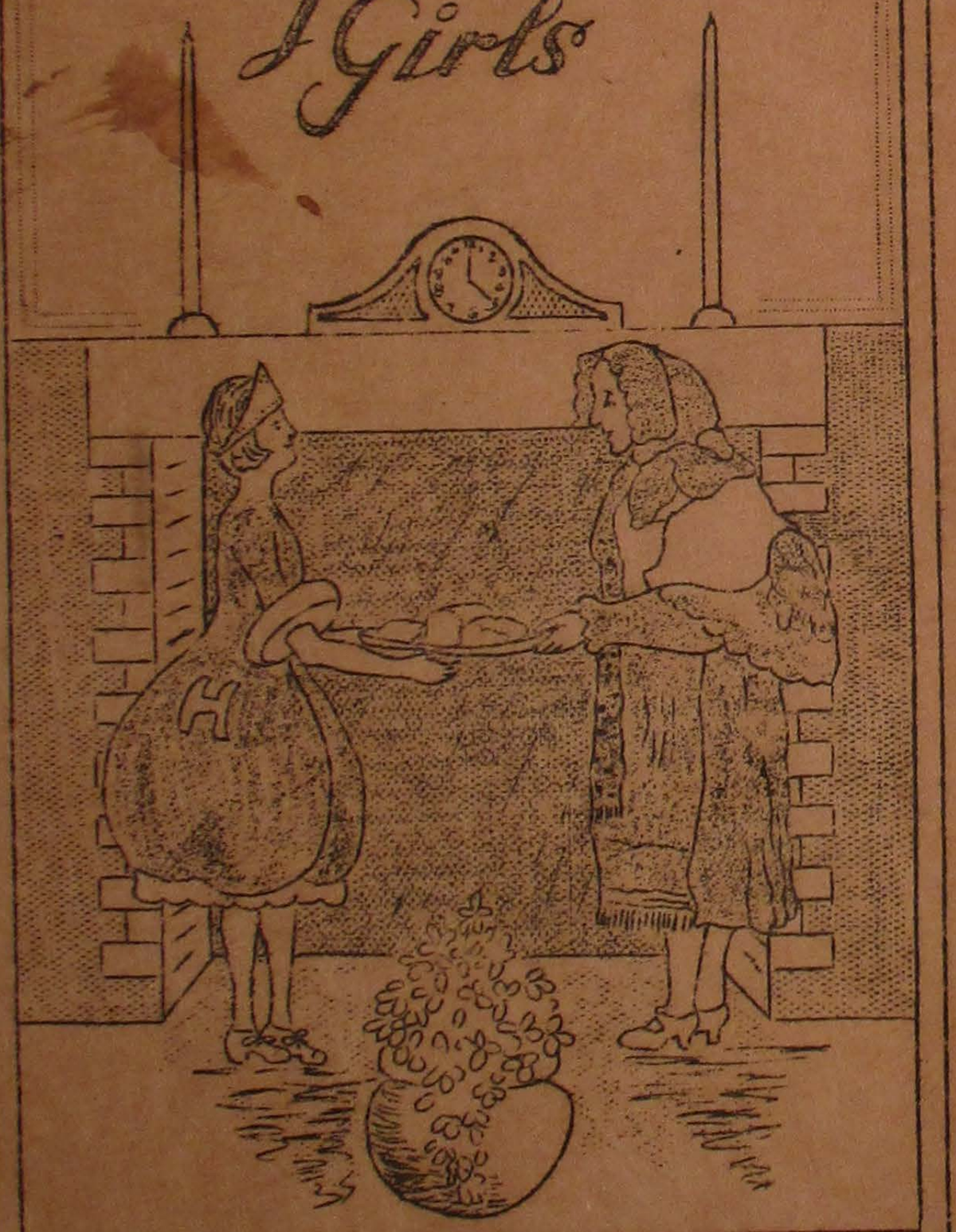
Ancestral Breads for 4-H Girls



Iowa State College of Agriculture
and U. S. Department of
Agriculture, cooperating.

BREADS OF OTHER LANDS

"Tell me what you eat and I will tell you what you are."
--Brillat Savarin

A club girl would be narrow indeed if she knew nothing whatever about the kinds of breads eaten by folks in foreign lands, for the best breads in the world are made in central Europe and Scandinavia and the only breads typically American are the unleavened beaten biscuits of the South and corn bread. All of our yeast bread originated in other lands. In fact, the word bread is thought to have originated in Sweden. How many of us know what our ancestral bread is and how many of us can make it? These breads will soon be lost sight of if we don't make some effort to safeguard them.

Many of the cakes and breads in far away lands are the outgrowth of superstitious custom or religious worship.

Each country has its own characteristic feast cake or bread. Often the bread of the holiday season is similar to cake in richness. Many of them require a great variety of spices, even pepper. In the early days it was believed that the aroma of the spices ascended to the heavens and pleased the senses of the gods.

The liquid ingredients vary in the different countries. The German housewife used rose water and honey while her Italian sister used orange flower water and the English cook lavender water. Rose water added to some American cakes gives results that are delightful.

England:

Who of us does not enjoy the delicious Hot Cross bun of the Easter season? This particular bun, to be eaten on Good Friday, dates back in origin to the days when England was till pagan.

We find that it was instrumental in the conversion of that country to Christianity. The pagans of England were accustomed to eating cakes in honor of the Goddess Spring and however successful Christian missionaries were in altering the people's beliefs, they found that they had great difficulty in inducing them to abandon their age-old customs.

These resourceful missionaries were not to be daunted, however. As a Christian project they put the sign of the cross upon the bun of the Saxon era. And so it has come down to us through intervening centuries.

"One a penny
Two a penny
Hot Cross Buns!"

Saffron Cake (English Bread)

1 c.potato water	1½ lb. large raisins
1¾ yeast cakes	1½lb. currants
2¾ lbs.flour(about 11 c.)	¼ lb. candied citron
2 c. lard	¼ lb. candied lemon peel
2 c. sugar	box of saffron
1 T. salt	1 t. lemon extract
1/2 t.grated nutmeg	

Add lukewarm potato water to yeast and let stand until light. Make a sponge by adding 1 c.flour and 2c.warm water. Let rise. Then add saffron tea and lemon extract; saffron tea is made by cutting the saffron and steeping in 1/2c.boiling water for two hours. Saffron is usually purchased at drug stores.

Work lard into flour as for pastry, add other ingredients; add the sponge to the flour mixture and again allow to rise. Form into loaves and rolls. Let double its bulk and bake in moderate oven 350°F.

Scotland: Scotland is noted for its shortbread and oatcake.

Scotch Short Bread (American)

2¼ c. sifted cake flour 3/4 c. butter
1/2 c. powdered sugar

Sift flour, measure. Cream butter, add sugar and cream thoroughly. Work in flour using finger tips. Press into greased pan,8x8x2 inches, prick with fork and bake in moderate oven(350°) 45 minutes. Cool slightly and cut into squares before removing from pan.

What 4-H girl wouldn't like to try these authentic recipes direct from Scotland? Miss MacMillin,who was a student at Iowa State College from New Zealand,has contributed these recipes to the 4-H girls of Iowa. Aren't the measurements interesting, and to find pepper used!

Ayrshire Short Bread

4 oz. flour	1/4 oz. butter
4 oz. rice flour	1/2 egg beaten
4 oz. castor sugar	2 T. cream

Sift flour into basin and rub in the butter, mix in sugar and bind the mixture to a stiff consistency with the egg and cream.

Roll out thinly, prick with a fork and cut in fancy shapes. Bake in steady oven 15 minutes till a pale gold color.

Scotch Short Bread (Scotland)

4 oz. flour	2 oz. butter
2 oz. rice flour	2 oz. castor sugar

Mould all together with the hands, kneading and squeezing into a lined cake tin. Prick well; cook in moderate oven until it begins to color, then allow to cook slowly for about one hour to crisp off. (It should not be darker than honey color.)

Scotch Currant Buns

(1) Lining for Cake Tin:

1 1/2 breakfast cups of flour	1/2 t. baking powder
1/4 lb. butter	Cold water

(2) Mixture (filling):

2 lbs. blue raisins	1/2 oz. Jamaica pepper
3 lbs. currants	1/2 oz. ginger
1/2 lb. almonds	1/2 oz. cinnamon
3/4 lb. flour	1/2 t. black pepper
1 small tsp. cream of tartar	1 small tsp. soda
1/2 lb. sugar	1 breakfast cup milk

(1) Make a stiff pastry of the lining ingredients and roll out thinly. Line inside of oiled cake tin. (Save enough to make a cover for the top.)

(2) Prepare the fruit and mix dry ingredients. Add enough milk to barely moisten, mix well and put into lined pan.

Roll out the top and stick to the top of the edges of lining. Prick top well, brush with egg and bake 4 hours in moderate oven.

Oatcake

4 oz. fine oatmeal	1/4 t. salt
1 good dessert spoon melted fat	Pinch baking soda
	Hot water

Mix oatmeal, soda and salt. Make a well in the center, add melted drippings and enough hot water to make a soft mixture. Rub plenty of meal on the baking board, turn out the mixture and make into a smooth ball, knead and roll thin. Rub well with meal to make the cakes white and cut across in 4 or 8 pieces. Place on a hot griddle and bake steadily until the edges turn up. Toast in moderate oven until brownish.

Holland:

In Holland, the white milk bread is mostly in demand, though in some of the country districts rye bread is more popular.

Italy:

Italy ranks first in the matter of fancy shapes. A fancy bread peculiar to Milan is the famous "Panettone" which is in the shape of the beehive and which at Christmas time is exported to all parts of the country. It is made of a very rich dough containing eggs, butter, sugar and the very finest of flour, and raisins.

Sweden:

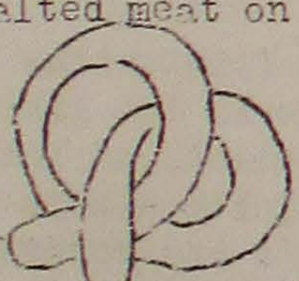
Americans returning from Sweden invariably bring back tales of two foods marvelously superior to our own coffee and fancy breads. The secret of preparing these foods seems to belong peculiarly to the Swedish people. One famous Swedish specialty is the "Knokkebrot!" It is made from flat milled, very short rye meal, worked up with yeast and is worked cold and thin so that the dough is like grit. The dough is cut in round or square pieces with a round place cut out in the upper half, then baked. After baking, the bread is strung on poles and thoroughly dried. These can now be purchased in America as Rye Crisps. This bread is consumed throughout Scandinavia and is also heavily exported. The kinds of bread most commonly in demand thru-

out Norway and Sweden are rye, wheat and Zwiebach. The following inscription appears on the wall of an Inn in Sweden:"You will find at Trollhathe, excellent bread, meat and wine, provided you bring them with you."

Norway: In Norway a bread is made every six months which is stored in a dry place and used as needed. It is made of a coarse barley meal and water, rolled very thin in large round sheets and baked on a flat stone heated by a fire of fagots. This is really a very palatable bread, strange as it may seem. Sometimes the dough is flattened out with a notched roller. This gives the bread an ornamental appearance.

Yeasted bread was unheard of years ago in Norway. Lefse and flatbrod made of corn, wheat, oats and other grains served in place of bread. These are still used to some extent. Years ago a supply was made to last thru the entire year. Three or four days were devoted to the year's baking, either women at home preparing it or 2 or 3 women went from house to house baking.

After it was thoroughly dried it was taken to a small two story storage house about 25 feet square.This was elevated about 6 feet or so above the ground on poles of wood to keep the food from being molested. Lefse and flatbrod were stored with fruit on the second floor, bins of grain and salted meat on the first floor.



Kringler (60)(Norwegian)

1 pt. sugar	2 t. soda
1 c. butter and lard mixed	1 pt. buttermilk or sour (milk.
3 eggs	1 1/2 t. salt
	6 1/2 c. sifted flour

Cream sugar and fat well. Add eggs and beat until thoroughly mixed. Add buttermilk and 6 c. flour, the salt and soda, to egg and sugar, mix until flour is moistened and knead remaining half cup flour into dough on board, putting half on board and half on top of dough. Roll under hand like bread sticks 1 1/2 T. dough until slightly thicker than a pencil, and 16 inches long. Place both ends together, twist dough once and place ends as shown in cut. Bake 20 minutes in moderate oven 350°F. The 4-H girls have used equal quantities of whole wheat and white flour in Kringla.

Lefse

1 c. boiling water
1 c. graham flour
1/2 t. salt
1 c. sifted flour

Add boiling water to graham flour and salt. Stir until well mixed. Cool. Add remaining flour and knead into graham mixture. Flatten pieces of dough to form an even patty and roll very,very thin, making certain dough does not stick to board. Fold and transfer dough to top of moderately heated stove. Moisten top of lefse with milk, using pastry brush or cloth. In several mimutes turn and allow to dry out on other side-6-8 minutes are needed. This forms a thinner sheet than any cracker. Before serving, dip each sheet of lefse in water and wrap in towel. Let stand an hour. Spread each sheet with butter and sugar if desired. Fold so opposite edges meet in center, then fold thru center with edges on inside. Cut in narrow crosswise strips. Lefse may be baked on a griddle.

France:

"Good bread was never made from bad grain", declares the French peasant, who from seed time to harvest,watches his crops, so he may be assured of a fine supply of bread thruout the year. For probably no race in the world prides itself more on the delicacy and variety of its bread stuffs than does the French.

There are the long, crusty loaves,hard as flint without and full of "eyes" within or large cells in the grain; the fat, plump loaves, which are thick and sweet,and look like small cushions; the large round loaves,with a hole in the middle and the delicate, pointed rolls one covers with butter and eats with black breakfast coffee.

Then there are the crepe poitevine or pancakes,which are tossed on the griddle three times a year- on New Years Day, for good luck and riches throughout the twelve months; at Candlemas, so the dough will rise in the oven, and at Shrovetide,to preserve the grain from decay. Nor must one forget the cornaboeux or horn-shaped cakes which in the town of Berry, are distributed to the needy on Christmas morning; the holais or crescent rolls, which ploughmen of certain parts of France count out according to the number of their cows, oxen and horses, and give at

Yuletide to the parish poor; the naulets, or little cakes representing the Christ Child Himself, and the holiday loaf which people say has the power to cure sickness thruout the year.

Southern France:

"The story of southern France might almost be told in terms of bread; for bread, the world over, symbolizes love of native heath, the token of things spiritual, and the essence of things material", says Mrs. Dorothy Spicer in "Practical Home Economics".

These people have ingenious methods of delivering their bread, especially when nearly everyone patronizes the baker. In small communities, bread may be delivered by an old woman and a donkey; huge willow panniers (baskets) being strapped on either side of the beast and dozens of loaves sticking up endwise from the panniers. It may be brought to the door by a boy pushing a two wheeled cart from which the loaves extend like arms of teen-aged lads from coat sleeves too short; it may be left on the window sill by a girl who carries many loaves fastened on her bicycle handle bars. Many times I saw the delivery boy come on his bicycle with rolls of bread extending arm's length. If the family had not arisen for the day, he set the bread against the side of the door.

Everywhere bread plays a part in the peasant life. The shoemaker may have three or four fresh loaves on his counter, along with old shoes to be mended. Two men may walk down the street and one of them has a long loaf tucked conveniently thru the bib of his coarse blue apron. The other swings his loaf like a walking stick, and now and then used the end to scratch his beak-like nose.

A Frenchman who had visited America several times said, "In America you have no bread. You do not love it as we do. And little wonder either. It is with you so soft and soggy, bad for the complexion and bad for the teeth. You eat it all but the outside. With us, bread is different. It is crisp, brown and well baked. We eat it all but the inside (though usually that, too!) and we like it old, not fresh and new. "Bread of yesterday, meat of today and wine of a year makes a healthy man."

Enough loaves have to be baked to last a family an entire week. These people take great pride in the whiteness of their bread. In rich families it used to be the custom to sift the flour a second time when it came from the mill that it might be even finer and more white.

Germany:

In Germany there exists a great variety of breads. "Schnitzbrot" baked around Christmas time, is made by baking dried pears, prunes and figs, raisins, walnuts, spices and citron with the dough and baking in long loaves. This is a favorite bread in southern Germany. Zwiebach, meaning twice-baked, is a specialty from Bremen, Germany. It is made of yeast dough with the addition of fat and sugar. It is baked on top and toasted whenever needed. Zwiebach is widely used in America. Because of its hardness, it is especially good for young children. The thorough mastication that it requires is good exercise for the teeth.

Throughout Europe, particularly in Germany, we find many fancy varieties of breads which found their origin in events in history.

Crescent rolls of "Vienna kipfel" are said to have originated with Baker Peter Windler. He and his wife operated a bakery in Vienna at the time it was besieged by the Turks. It seems that this Viennese Peter was not without a sense of humor, for he conceived the idea of molding his rolls in the shape of the half-moon, which was the Mohammedan emblem. Possibly this may have been the origin of the expression "sold like hot-cakes", for Mr. and Mrs. Windler and all the little Windlers could not supply the demand for crescent rolls, everyone wanted to devour these half-moons from a sense of patriotism, if for nothing else. From 1585 to present day a bakery has been conducted in this same house.

The Pretzel, baked in oblong shape with two or four spokes running from the center, was intended originally to symbolize the four seasons. Gradually other designs to conform to customs and beliefs were worked out until today we have a great variety of designs in pretzels. The dough used chiefly was a rich butter-roll dough. The wreaths or rings were meant to symbolize the sun and thru-

out many centuries the bakers made these batter wreaths the Sunday, Monday and Tuesday prior to Ash Wednesday. Godmothers gave them to their grandchildren and girls of those days presented their fiances with them.

Czecho-Slovakia(Bohemian):

"Bread is the gift of God" says the peasant, adding quaintly that "without a bit of bread even a palace is sad, but with it a pine tree is Paradise!"

"God bless the dough", says the Bohemian peasant, whenever visiting a home where bread sponge is rising. The good housewife reverently measures her flour and blesses with the mixing stick the trough where the dough is kneaded. And every time she touches the substance, she says a "God bless" so the bread will be light and the loaves crisp and sweet.

The Slavic housewife is alert to all kinds of omens when baking day comes around and she is ready to make bread. She rises early, with a clean birchen twig broom sweeps the ashes out of the big earthen oven, and builds a hot fire of crackling wood. When all is ready, then she kneads the dough into thick, round loaves, makes the sign of the cross over each, and brushes them over with water. Then the woman sprinkles her long-handled wooden shovel with flour, loads it with the ten or sixteen loaves, and shoves it into the heated oven. Just as she gives the final push to the shovel, the Russian woman tosses up her broad shirt, so the bread may rise like the lifted garment.

The actual baking is regarded with breathless suspense, for if the loaves crack, someone in the family will go away; if the dough bulges out in a "head" at the side of the loaf, the housewife will "lose her own head" or become forgetful before the setting of the sun.

The loaves are baked for a good two hours and then all must be taken from the oven at once or the entire baking will fall.

Bread-making is forbidden on certain days. Monday, Wednesday and Friday are unlucky baking days.

Mexico:

Many appetizing dishes from Mexico have found their way across the border into the southern states, dishes from magically blended seasonings of chili pepper, onion and garlic.

Quoting from the National Geographic for November 1922, "In Mexico the true staff of life is the tortilla. Wherever one goes in Mexico tortillas are stacked up awaiting purchasers, or are being eaten or are in the course of preparation. A few centavos will buy a handful of these cake of half raw, lime-tasting dough. The appetite for them is distinctly an acquired one, but once acquired, it stays on. There are few things more delicious than a tortilla that has been twice roasted, so that it breaks crisply in the fingers. A tortilla is a thin flap-jack made of the paste of corn which has been boiled first in lime water and then in rinsing water and which has been hammered and rolled out on the "metate" (the grinding stone)."

Many Iowa communities have Mexican families and thru the Social Service worker, it is possible for 4-H girls to visit a Mexican home and see tortillas made.

The preparation of the meal or "masa" for tortillas may seem tedious to those unacquainted with this unleavened bread. To those who prepare lye hominy, it is only a matter of minutes. The corn is boiled in a lye solutic over an out-door fire, the hulls washed off and the meal ground between two stones. Many of the Mexican people in Iowa, however, use our native cornmeal.

Mexican:

Meal or 'Masa' for Tamales

1 qt. shelled corn
1 qt. soft water
1 T. unslaked lime

Dissolve the lime in thewater while cold, bring to the boiling point, then strain over the corn. Cook until the husks slip off and the grains of corn are easily mashed. Wash well to remove the husks and grind with a food chopper, using the finest knife; it is usually necessary to grind twice or three times to make a soft meal.

Mexican:

Tortillas

Take a small amount of this fresh meal or masa in the palm of the hand and pat until it becomes a very thin wafer, wetting the hands in cold water to prevent sticking. If cornmeal is used, then it must be dampened with water until it forms thin wafers. Bake these on an ungreased griddle until delicately brown. The Mexican people usually bake them on a hot stove lid and bake about two dozen at a time which is about the quantity the family will consume in a day. They resemble a small griddle cake.

A wiener or hot tomato sauce is often put on the tamales, then they are rolled tight like jelly roll and how the Mexican children do relish them!

Arabia:

Junius B. Wood in his travels in Arabia tells a peculiar way the Arabs have of baking their bread. The first operation is to build a fire in a small pit in the ground. Then after raking away the embers the pancake-like dough is plastered on the sides of the hot pit. When the bread is done it is picked off with a pair of tongs. Throughout Mesopotamia the bread is a flat pancake-shaped kind of cake mixture.

The Arabs believe that bread is sacred and that it is the gift of Allah or of God.

"It is not I who gives to you. It is Allah who gives," say the Arabs when proffering a piece of bread. For Allah himself sent from heaven the wheat, barley, rye, oats and all else from which bread is made.

A true son of the East never treads on a piece of bread fallen to the ground but begs the bread's pardon and lifts the sacred morsel to his lips as he kisses and eats it or else he places it in a cranny of the wall, so none may walk upon it. Whoever leaves it on the ground will suffer from penury and want.

Bread is never exposed to the uncleanliness of the ground. Even when fed to the dog, it is placed on a mat or plate that is free from dirt.

Arabia:

To the man of the East not only bread but grain and yeast from which it is made are sacred. The seeds are cast into the ground with prayer, and the harvest reaped with thanksgiving. A bit of grain is left untouched in the field so its holy qualities may be transferred to the next year's crop.

Yeast or leaven as it is called is also sacred. "May God never cut off the supply of yeast from your house" is a common blessing in the East. Yeast is symbolic of prosperity. It is easier to borrow a loaf of bread than a lump of leaven, which the housewife saves from one baking to another. This brings the possibility that the use of bread starter was an old custom.

Syria:

In Syria the leaven was made by taking a little flour and mixing it with water, then a silver coin was placed in the center and the whole thing placed in a cloth and hung in the branches of a tree. At midnight when the trees bowed down, the dough became leaven.

The fermented dough was taken from the trees at dawn and carried to the streams and fountains by the boys and girls, where it was immersed three times in the water while it was blessed.

To prevent over-fermentation, the leaven was buried in flour from one baking to the next. (This would exclude the air.) In removing the leaven(yeast) from the flour, the Syrian woman murmurs, "God bless the leaven." She then dissolves this in salt water, gradually mixing the meal with the fluid. The dough is kneaded and devoutly crossed with the side of the palm, before being set to rise. Later it is rolled into thin, flat loaves which are baked in the public oven or tenmur.

The oven is more like a large tube in appearance, being a large, round earthen affair about 5 feet in length and three in diameter.

This, is sunken into the ground and heated within by lighted twigs and stubble, is housed by a crude hut with blackened, soot hung walls. Every woman in the village is assigned a day for her family baking which may consist of

anywhere from one to two hundred loaves. The thin, freshly baked loaves are the pride of every housewife and the joy of every Oriental. "He has not even a smile for fresh bread" is a favorite description of a sour, sullen fellow.

In the Bible, we read about the "breaking of bread". There is a widespread superstition in the East that to cut bread with a knife is sinful and unlucky. To do so would be a difficult task because the thin, hollow loaves are as resisting as rubber and tearing them apart is more practical.

"In Switzerland bread seems to play a more important part than in any other country except France," says Consul General Dubois. "It furnished 70% of the nourishment of the Swiss Republic."

"In Russia black bread made from coarse rye flour, is most commonly consumed. This bread is of a surprisingly excellent quality. When moving to a new community, it is a Russian custom for the friends of the movers to present them with salt and bread and a wish that they may be always plentifully supplied with food.

In Corsica a very fine sweet flour with a pleasing taste is made from wild chestnuts. "Yet, never in Corsica," writes Maynard Williams, staff correspondent of the National Geographic, "did I eat bread made from chestnut flour. It does not bear a good name among the people of Corsica as the sweetness of the nut turns sour in the process of making."

In Armenia today every village has one or two bakeries where all the neighboring people come to bake their bread. It is customary to bake twice a week. Often the bread is so hard that it is well nigh impossible for the traveler to eat it. One loaf is now selling for half a cent.

Sardinia: One of the most important operations in the village of Sardinia, is the baking of bread, for it is the chief food of the peasants. When they are working in the fields distant from their homes they carry enough bread with them to last a week.

In Persia the bread instead of being baked in loaves is baked in thin, crisp sheets. It is baked in the immense ovens of public bakeries, the dough being spread on huge mounds of red hot stoves.

The Norman peasants eat an astonishing quantity of bread. And such queer-looking bread it is! The loaves are as round and as palely yellow as the full moon; they are often 3 feet in circumference and 8 to 10 inches thick. They make enough loaves at one baking to last a month. Seeing one of them for the first time, you would be quite likely to take it for a large cheese. The bread is firm, close in texture and rather dingy in color, sweet but dry and decidedly palatable.

In many countries of the Orient sour milk and dough are set to serve as a starter for the leavening of bread. In our south this method is known as "salt-rising".

Bread Variations

Most of the recipes we use in making bread variations have been adopted from these countries and possibly have been changed some by our mothers and grandmothers in order to adapt them to new measures and ingredients.

Some of the recipes have been adopted by the 4-H girls from interesting people in their communities who still take pride in making the breads of their ancestors.

You can remember how much fun it was when you were a toddler to make castles, build bridges and maybe a garden fence, all out of one set of ABC blocks.

It is just as jolly work to make nut rolls, apple jumble, raisin loaf and about fifty other products of one basic dough. After all we never grow too old to enjoy the fascinating joys of childhood. Then these variations add variety and joy to the three times a day bread basket. Here are some of the recipes:

Basic Sweet Dough

1 1/3 c. milk	3 T. sugar	1 t. salt
1 cake yeast	3 T. fat	2 c. whole wheat
		1 c. white flour

Mix as other bread in 4-H Bread Primer. When using dry yeast leave one half of sugar and all of fat out of sponge Add it when making the dough. (Recipe makes 2 lbs. dough.

Cinnamon Rolls

Roll one pound of dough ready to be molded into loaves, into a thin layer. Spread with soft butter, sprinkle generously with brown sugar, cinnamon and currants, raisins or nuts if desired. Roll up like a jelly roll and slice into slices about 1/2 inch thick. Place them cut side down into a pan which has been coated with more brown sugar and butter. Let rise until very light and bake at 375° for 30 minutes or with a little more heat than for loaves. This makes 12 rolls. Caramel for bottom of bake pan:

1 T. butter
1/4 c. brown sugar--: Mix and spread on bottom
1 T. (scant) water of pan

Pecan Rolls

Roll and cut the dough as for cinnamon rolls. Omit the raisins and currants. Spread the bottom of the pan generously with brown sugar, melted butter and pecan meats. Place in a pan and bake as cinnamon rolls. Other nut meats may be used and name of rolls changed.

Parker House Rolls

Having used all milk as liquid in the dough makes a little more tender Parker House roll. The mixing and rising are according to the usual process.

Roll the dough to a half inch thickness. Cut into round pieces with sharp knife or biscuit cutter. Dip a silver knife in melted butter. Fold the roll over the knife. Slip out the knife and press the edges of the roll together. Let rise until very light. Bake in hot oven, 400° for 20 minutes.

Dinner Biscuits

Roll dough to 1/2 inch thickness. Cut with small round cookie cutter. Place rolls in a greased shallow pan one inch apart. Let rise until light. Bake in hot oven 400° for 20 minutes.

Raised Muffins

These are small light cakes put in muffin tins. Let rise till very light and bake quickly in hot oven 400°F. for 15 minutes.

Clover Leaf Rolls

Put three tiny light cakes in each muffin tin and let rise. Bake same as raised muffins. May also be baked on baking sheet and stem added to 3 leaf clovers or 4 leaf clovers may be made for 4-H parties, etc.

Twisted Rolls

Roll dough to 1/4 inch thickness. Cut in strips 1 1/2 inches wide by 9 inches long. Brush with melted butter along the edges. Fold two ends together, twist from the center. Let rise until very light. Bake at 375° for 30 minutes. Spread thin icing on top while rolls are warm. Three six-inch strips may be cut and braided for variation.

Finger Rolls

Roll dough into four inch fingers, having them 1 inch wide. Place in pan very close together, allow to rise until light. Bake as twisted rolls.

Triangle Rolls

Roll dough with rolling pin until 1/4 inch thick. Cut in triangular shapes. Spread sparingly with melted butter. Roll them as for jelly roll beginning at the base of the triangle. These are shaped like butterhorns. Allow to become very light. Bake as twisted rolls.

Delicious Frosting

Sometimes you will want to make your best rolls better. And it is so easy to do. Just cream together sugar and orange juice and spread on rolls before baking.

Loaf Variations

The Apple Crescent

Cook a cupful of diced apples in boiling water for 3 minutes; drain. Pat the dough to make a strip half as wide as long with ends rounded. Spread with 3 T. melted butter. Sprinkle apples through the center and scatter over them sealing the filling inside. Slide this roll onto a greased baking pan and shape into half moon. Let rise 1/2 hour, bake in moderate oven(350°). Ice or dust with confectioner's sugar. Raw cooking apples may be used if care is used not to pierce dough. Canned peaches and apricots may be used if juice is drained from them for about 1/2 hour.

Apple Jumble

Generously butter a round deep pan and cover the bottom thickly with brown sugar and cinnamon. On top of the sugar place a layer of apples cut and stewed in quarter shape and turned round side down. Roll dough to 1 inch thickness, place on top of apples and press around the sides of the pan. Pierce in several places with a sharp knife. When light bake at 400° for 30 minutes.

Raisin Loaf

To one pound of bread dough before it is kneaded, add 1/4 c. sugar and 1/2 c. raisins which have been dusted with cinnamon or use sweet dough. Knead well and let rise about 1/2 hour. Shape like loaf bread. Let rise 1 hour. Bake in moderate oven 350° for one hour. Spread a thin icing on top while the loaf is still warm.

Swedish Tea Ring (Fannie Farmer)

To one pound of bread dough, before it is kneaded, add 1/4 c. sugar, 1 egg well beaten, 2 T. melted butter, and 1/2 t. almond extract, or use sweet dough, knead thoroughly. Continue as for other bread. When it has been allowed to rise for sufficient time, roll on unfloured board with rolling pin until it is as thin as possible. Spread with melted butter, sprinkle with sugar, chopped almonds (blanched) or cinnamon. Roll like a jelly roll, cut a piece from each end and join ends to form a ring. Place on buttered sheet, and cut with scissors, cutting thru from top of dough to lower layer. Place fingers of left hand under inner ring of dough and pull each slice down onto preceding slice until cut surface shows. Baking pan should be 1/2 inch larger than ring to allow for this spreading. Let rise 1/2 hour. Bake in moderate oven.

Apple Coffee Cake

Basic sweet dough is good

Roll one pound of dough out until it is 2 inches thick. Place in a round pan. Press into the dough thin slices of raw apples, end of slices perpendicular to the rim of the pan and heavy edge of the slice up. Sprinkle generously with sugar and nuts. Allow to rise 1/2 hour, bake in moderate oven 30 minutes.

German Coffee Bread

1 c. scalded milk	1 egg
1/3 c. butter	1/3 yeast cake dissolved
1/2 c. sugar	in 1/4c. lukewarm milk
1/2 t. salt	1/2 c. raisins cut in pieces

Sifted flour for soft dough

Add sugar and salt to milk; when lukewarm add dissolved yeast cake, egg well beaten, 1/2 of flour, melted butter and then flour to make soft dough, and raisins; cover and let rise overnight. In morning spread in buttered dripping pan 1/2 inch thick. Cover and let rise again. Before baking, brush over with beaten egg, and cover with following mixture. Melt 3 T. butter, add 1/3 c. sugar and 1 tsp. cinnamon; when sugar is partially melted, add 3 T. flour.

Stollen Bread (German Holiday Bread)

1 cake yeast
1 c. milk
1/2 c. sugar
5/8 c. butter
2 eggs
1/4 t. salt
1/2 lb. raisins
3/8 lb. currants
1/4 lb. mixed pineapple, citron and orange peel.
1/4 lb. blanched chopped almonds
4 ½ c. flour

This recipe will make four scant one pound loaves. Mix as for Coffee Bread.

Butter Horn Rolls

1 cake yeast
1/2 c. sugar (scant)
1/2 c. butter
3 eggs
1 c. sweet milk
1 t. salt
4 c. flour

Dissolve the yeast in 1 T. of the sugar, add the milk scalded and cooled to correct temperature. Add remainder of sugar, salt, eggs, then part of the sifted flour. Add melted butter and enough flour to make soft dough. Put away to rise until morning or about 8 hours or until light. Knead the dough lightly. Let rise. Divide dough into two parts. Roll into 1/4 inch thickness the shape of a pie. Cut into pie shaped pieces, making 16 to one part of dough. Roll from outside to center. Bake at 400° for 20 minutes. Makes 32 rolls.

Ice Box Rolls

1 cake yeast
3 c. lukewarm water (80°)
1/2 c. sugar
1/2 c. shortening
1 t. salt
About 10 c. flour (sifted)

Dissolve yeast in one half of sugar, add lukewarm water, remainder of sugar, the salt, about 1/2 of flour, then add melted fat and enough flour to make soft dough. Let rise about 8 hours or until light. It takes several hours due to large amount of fat. If the amount of yeast is doubled, the rising period will be one half as long. This also applies to butter horn rolls. Take off amount of

dough desired, shape into rolls, place in oiled pan and let rise until double. Bake 15-20 minutes in a hot oven. Place remainder of dough in ice box or cool place and use when desired. If for breakfast, place rolls in pan night before. Brush with butter and set in ice box or cold place overnight. Bake at once in hot oven. (Makes 40 rolls.) Ice box dough may be kept several days(4-5).

Houska and Colaches (Bohemian)

Basic recipe for Houska and Colaches(Linn Co.4-H Girls).

1 cake compressed yeast 1/4 c.lukewarm water
1 T. sugar

Let set 15 minutes in a warm place, then add:
1 c. milk, which has been scalded and cooled to proper temperature; 1 c. whole wheat flour. Stir well until all lumps disappear. Let rise 30 minutes, then add:

1 egg well beaten 2 t. salt
1/3c.sugar 1½ c. whole wheat flour
3/4c.milk 1/2 c. melted fat
1½ c. white flour

Mix ingredients in order given. Knead, let rise for two hours. Knead, let rise 30 minutes, shape.

When making Houska, knead 1/2c. raisins into the dough at the first kneading. After the third fermentation period, to shape the Houska, divide dough into 10 equal portions. Roll each strip 10 inches long. First take four strips and braid, place on a greased baking sheet, placing halves of dates on top of this layer. Then take three strips and braid,placing on top of first lyer, placing halves of dates on this layer also. Take two strips and twist, place on second layer. Take the last strip and twist, placing on top of third layer. Let rise 45 minutes, brush over with beaten egg and milk, sprinkle with poppy seed and bake 45 minutes in a moderate oven.

Colaches -21-

This recipe makes 24 colaches:

Divide dough into small portions at the end of the third fermentation period. Roll into small balls, place on baking tins, brush with shortening; let rise 30 minutes, then make impressions in dough with fingers. Fill with any preferred fruit sauce. Let rise 15 minutes. Bake in hot oven 20 minutes.

Prune Sauce for Colaches

Stew 2 c. dried prunes, when tender drain liquid, cool. (Save liquid to be used later in a dessert.) Remove pits from prunes. To the prune pulp add 1/2 c. sugar, 1 tsp. vanilla, 1 tsp. cinnamon; stir well and fill colaches.

Bread Sticks

Shape into balls as for Clover Leaf Rolls. Let rest on board, covered, until tender. Roll under hand until thick as a lead pencil. Place one half inch apart in shallow oiled pan. Let rise until doubled. Bake 12 to 15 minutes in medium hot oven. Glaze with beaten egg diluted with milk. Dry until crisp in cool oven.

Orange Roll

1 cake yeast	1 tsp. salt
1 egg beaten	2 T. sugar
1 T. fat (lard)	Juice and pulp of 3 oranges
1 T. butter	Grated rind of 1 orange

3 c. flour

Mix all ingredients as for bread. Shape like Parker House rolls and place 1/2 section of orange in center of each roll. Let rise. Bake in hot oven 25 minutes. While hot spread with orange butter frosting.

Juice of 1 orange 1 T. soft butter

Powdered sugar

(Pineapple may be substituted)